

STRESS BUSTERS WORKSHEET

How Often	Stress Busting Tools - ADULTS	Stress Busting Tools - for Kids
Daily		
Weekly or Monthly		
Special Occasions		
PRN/"As Needed"		

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Instructions

I am calling the specific "tools" in our "self care toolkit" "stress busters"

- As you consider what "stress busters" work for you, don't forget to think of multiple outlets that use your mind, body, emotions and spirit,
- "OWN YOUR TIME" - Sometimes it helps to be with other people in a social or supportive situation, other times a little time alone can be just what the doctor ordered. Know yourself and which kinds of situations require which kinds of supports - also, use journaling, calendars and other tools to help you manage your time so that you feel less stressed and more in control of your life
- We will think about the kinds of activities we can engage in as often as daily, some that are less frequent but still regular like weekly or monthly, others that are reserved for special occasions and finally those few things we might have handy to employ "whenever" there is a need for a brief break.

Start with the first box on the chart - asking yourself - What kinds of activities do you do every day that are just for you - that help you to take care of yourself and prevent or reduce your stress level?

Common responses include such things as:

- Walk the dog
- Work out
- Prayer/meditation/Bible study
- Unwind with a certain routine at the end of the day
- Read or journal writing
- Other examples?

Move to the next box and ask yourself: What are some things you do less often than once a day, but still pretty regular, such as weekly or monthly?"

Some common examples include:

- Attend church or religious services

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- Attend a support group meeting
- Go out to the movies or other type of outing
- Participate in a sports league, bridge club or other organized group
- Date with spouse, out to dinner, etc.
- Beauty shop appointment - nails, hair, manicure, etc.
- "Guys night out"
- Other ideas?

Next, consider what are some things you only do when it's a special occasion - it can be a happy special occasion or a sad one?"

Here are a few ideas to get you started:

- Take a vacation
- Participate in a ritual ceremony (such as a funeral, wedding, etc.)
- Go visit a cemetery and put flowers on grave
- Attend an annual conference
- Annual hunting camp
- Spa day, massage, the works!
- Participate in a walk-a-thon, marathon or other physical event
- Other ideas?

Next, what are some of the things you don't do on any scheduled basis but just whenever needed?"

Some common examples include:

- Shopping
- Eat chocolate
- Call my support buddy for advice (or call mom, or my best friend)
- Take a long drive
- Specific spiritual exercise (fasting, longer prayer time, etc.)

Finally, go through the same set of questions on the right side of the chart with your child or teen to consider the kinds of stress-busters that might be most useful for him or her.